



December / January's Edition of St Andrew's Ramblings

But those who wait upon the Lord shall renew their strength...they will mount up with wings like eagles, they will run and not grow weary, they will walk and not faint - Isaiah 40:31

Wait and see... a simple phrase I have been using throughout this new month, new year. We have had some challenges; we worry about how the church will thrive. But we forget to pause, reflect, and wait. Wait and see what God is doing.

Welcome to the **fortieth** edition of our newsletter!

Your editors took the time to enjoy the beauty of Christmas and welcome in the new year. Therefore, this edition contains both December happenings and future events in 2024. Enjoy!

What's Been Happening

Many thanks to our Interim Moderator, Doug Kendall, who has been faithfully finding us pulpit supply and thanks to all those who have led worship. Tony, Sally, and Shaun...it is exciting to welcome you!



On **Friday, December 8th** we opened our doors and welcomed the community, friends, and neighbours to a Chili Dinner followed by a lovely Christmas singalong.

Many thanks to Leslie, our musician for the night, David Brown who livestreamed the event, and Elaine Love for the graphics on the power point. The hall and church were full, and many participated in the lively 12 Days of Christmas!



Our Christmas Eve service took place at 4 pm on **Saturday, December 24th**. Worship and the lighting of the candles was led by both St Andrew's and Grace Assembly to approximately 78 people and 1 new puppy.





We are happy to announce that four new members joined our church family: Lucille and Don Campbell, Alli Thompson, and Heather Nixon. Welcome to this lovely congregation!

Session has been busy with the process of election of elders.

We hope to soon announce a new slate to add to our faithful ones now serving. Thank you, Rev. Doug, for all that you do!

Upcoming

February 3rd: The ladies of Grace Assembly will be hosting another event in the hall. “Women of Grace” provides a welcome get-together to share, enjoy some treats, and perhaps do a craft. All ladies are welcome from **10:00 to 12 noon**.

February 13th: – Shrove Tuesday, Pancake Supper, 4:30 to 6:30 pm.

Invite your family, friends, and neighbours.



Come for a fun time and listen to some music by “Peter and Craig”!



See / contact Shirley Reddick for details. There is a signup sheet in the church hall to indicate your preference — help prepare, serve, cleanup, or donate. Choices, choices, choices. See you there!

February 18th: Joint Service with St. Andrew’s Stittsville. We have been invited to join St Andrew’s Stittsville for a Child and Youth Service at 10:00 am. Please plan to join in with our friends and watch how they welcome the youngest members of the congregation to a child-friendly service. St Andrew’s “children” of all ages are invited!



March 3rd: We hold our Annual Congregational meeting directly following the morning worship.

There will be (as always) a delicious potluck lunch awaiting us following the business meeting. This will be held in the hall. Please plan on attending if you can. **Your voice is important to us!**



March 8th - Trivia Night at 7:00 pm. Keep in mind this event.



Gather a team of 4-6 players, think of a unique team name, and register by contacting Sharon Stewart. The cost is \$20 per person, and you are able to order a meal or some snacks at 6 pm. Want to help with this event? There again a signup sheet is in the church hall.

March 29th - Good Friday: Our church will be hosting the **Good Friday Ecumenical Service at 10 am.** This service combines the



congregations from the Anglican, Roman Catholic, United, Pentecostal, and Presbyterians within the village and beyond.

Worship will be followed by a simple soup and sandwich lunch.

March 31st - Easter Sunday. Easter morning will begin with a light breakfast at **8:30 am** followed by worship and communion.



April 28th – “Kid-Friendly Service” led by Rev. Shaun Seaman.



It is hoped that there will be “kid music”, “kid stories”, and “kid food” for kids of all ages – hot dogs, potato chips, and sundaes to say the least. Invite the “kids” you know! Session will be sending out an invite to all the congregation in April.

SPECIAL NOTE!! Anyone who is interested in joining a Bridge Club please speak to Lucille Campbell. She already has some interested participants!



We are so fortunate to be part of a vital community. There are many events going on at the various churches in the village. Please see Sharon or Helen for more info. Let's support each other!

On the Lighter Side



Last month's Roving Reporter posted this biography:

Are you able to guess who this person in the congregation might be?

This person loves to knit, read, and watch British tv.

She is not from Ottawa but has been here long enough to consider herself born and bred.

This gal loves the water; it's amazing that she wasn't born under the Pisces sign! She loves all types of music and enjoys singing.

Along with her own children, she has welcomed countless other ones into her heart!

Who was successful in finding out that our last biography was none other than: Sharon Stewart!

Sharon was London, Ontario born-and-bred, Ontario but has considered Ottawa/Gatineau her home since 1970. She does enjoy swimming, working out, reading, and knitting...and yes, she was a caregiver for 20+ children in addition to her own two boys.

... and now a grandpuppy. Congratulations Sharon & Len.



The Special Christmas Gift

Oh my, oh my, oh my! I WAS SO EXCITED! My kids wanted to give me a special Christmas present. So with 1 dart and a world map they said, "throw it anywhere and where it lands we will go there during March break!"

Sooooo it looks like we'll be spending 1 week behind the fridge!

Some people won't admit their faults....I would if I had any.



I don't always whoop.
But when I do;
There it is



Perky Little Hat

by Sharon Lentsch

Materials

US 15 circular needle
1 skein Malabrigo Rasta or similar
bulky yarn
Tapestry needle

Gauge

2 sts per inch

Abbreviations

CO Cast On
BO Bind Off
YO yarn over
K2tog Knit 2 together
Sts Stitches



Instructions

CO 40 stitches
Round 1: Knit
Round 2 – 3: Purl
Round 4: Knit
Rounds 5 – 12: *YO, K2tog; repeat from* to end of round
Round 13: Knit
Rounds 14 – 15: Purl
Rounds 16 – 29: Knit
Round 30: K2tog (20 stitches remain)
Round 31: K2tog (10 stitches remain)

Break yarn and draw through remaining sts. Weave in ends.

How to live better in 2024

If it feels wrong, don't do it. Say exactly what you mean. Don't be a people pleaser. Never speak bad about yourself. Trust your instincts.

Never give up on your dreams.

Be kind to yourself.

From the Kitchen

Simple Lentil Soup

Ingredients:

2 cans lentils, drained and rinsed	juice and zest of one lemon
2 carrots, peeled and chopped	1 Tbsp cumin
1 onion, peeled and chopped	4 c chicken stock
2 tsp garlic (minced or powdered)	2 Tbsp oil



Instructions:

1. Mix carrots and onion in a saucepan with oil. Sauté until soft; about 3 minutes.
2. Add in the rest of the ingredients.
3. Heat to a boil. Reduce heat. Cover and simmer for 1 hour or until lentils are softened.

Easy Slow Cooker Steak Dinner

Ingredients

4 small steaks, trimmed	1 large bag baby carrots
One bag mini potatoes (mixed colours)	1 pkg Knorr onion soup powder
A good sprinkle of Montreal steak spice	enough beef broth to cover (3-4 c)

Instructions:

1. Dredge the steak in flour and sear in a frying pan with oil before adding it to the slow cooker.
2. Place steaks in bottom of slow cooker.
3. Sprinkle with the Montreal steak spice.
4. Wash the potatoes and add to the top of the meat. No need to peel or cut.
5. Add the bag of baby carrots to the top. No need to cut.
6. Sprinkle the package of onion soup mix on top of everything.
7. Cover the meat and potatoes with beef broth.
8. Slow cook at LOW 4-6 hrs. or HI 3-4 hrs.
9. Enjoy!



Protein Brownies

Ingredients:

$\frac{3}{4}$ c peanut butter (or almond) $\frac{1}{2}$ c mashed banana
 $\frac{1}{4}$ c cocoa powder 2 scoops chocolate protein powder
Mini chocolate chips to top.

Instructions

Mix well, top with mini chocolate chips and store in an 8x8 container lined with parchment paper. Chill in the fridge for 1 hour.
May add whipped cream for good measure.



Snow Ice Cream (for the kids or the kid in you!)

Ingredients:

2 c **fresh** snow 1 Tbsp sugar
 $\frac{1}{4}$ c milk of any kind 1 tsp vanilla extract

Instructions:

1. Add milk to a bowl.
2. Scoop 1 Tbsp sugar in to the bowl.
3. Pour in 1 tsp vanilla extract
4. Dump in snow
5. Stir the ice cream mixture.
6. Eat and Enjoy!



Our Volunteers for February

	Minister	Duty Elder	Reader	Coffee
Feb. 4	Rev. Boonstra	Mary Gemmell	Garry Ross	Nancy Pinck
Feb. 11	Rev. Sally Gadd	Helen Slack	Helen Slack	David Brown
Feb. 18	Joint Service in Stittsville for “Children of All Ages”			
Feb. 25	Rev. Boonstra	Sharon Stewart	Sharon Stewart	Laura Tupper

Last Words

The light turned yellow, just in front of him.

He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating old woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and makeup.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up.

He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, “I’m very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him.

I noticed the ‘What Would Jesus Do’ bumper sticker, the ‘Choose Life’ license plate holder, the ‘Follow Me to Sunday School’ bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally...I assumed you had stolen the car.”
